



ZWILLING  
J.A.HENCKELS

# Operating instructions



**ZWILLING®** EcoQuick II  
**Pressure cooker**

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## 1.1 About these instructions

Important information for your safety is specifically marked. Always observe this information to avoid accidents and damage to the pressure cooker:



### WARNING!

Indicates information that if ignored poses a danger of injury or death.



### CAUTION!

Indicates information that if ignored constitutes a risk of damage to property.



### NOTE:

Highlights tips and other useful information.

The failure to observe these instructions can result in serious injuries or damage to the pressure cooker and hob.

- Read these operating instructions in their entirety before using the pressure cooker.
- **Keep these operating instructions for future reference.** If you pass on the pressure cooker to a third party, ensure that you include the operating instructions.



### NOTE:

The instructions are also available in the internet to download from [www.zwilling.com](http://www.zwilling.com).

## 1.2 Children and vulnerable adults

There is an increased risk of injury for certain categories of persons:

- Never use the pressure cooker near children.
- The pressure cooker may not be used by children.
- Keep children away from the pressure cooker, even after completion of the cooking process.  
There is a risk of burning and scalding on the hot outer surfaces and by the hot steam that escapes.
- The pressure cooker may only be used by those with a disability or those who lack knowledge and/or experience if they are supervised or have been instructed in the safe use of the pressure cooker and understand the dangers that may arise.
- Keep children away from the packaging material. It poses a risk of suffocation.

## 1.3 Risk of fire and bursting

If the pressure cooker and the hob are incorrectly operated there is a risk of fire. An explosive bursting of the pressure cooker will only occur under extreme circumstances if the safety functions described in section 1.8 fail due to the build-up of dirt because of a lack of care.

In order to keep the risk of fire and bursting as low as possible, always observe the following guidelines:

- Do not make any changes to the safety functions.
- Make sure you properly close the pressure cooker before placing it on the heat source.
- Never use the pressure cooker without liquid, and ensure that during the cooking process the liquid never completely evaporates because overheating can cause substantial damage to the pressure cooker and the hob.
- The permissible quantities must be strictly observed:
  - Minimum: 1/3 of the pot capacity
  - Maximum: 2/3 of the pot capacity

When cooking foods that generate a lot of foam or expand such as rice, dehydrated vegetables or legumes, the pot may only be filled up to the halfway mark.

- **Never use the pressure cooker to heat up cooking fat or oil under pressure.**
- Alcohol vapours are flammable. Accordingly, do not use high-proof alcoholic beverages for cooking food under pressure. When preparing recipes with an alcohol base, bring the food to the boil for about 2 minutes before closing the lid for cooking.
- Never use the pressure cooker in the oven or in the microwave.
- Never leave the pressure cooker unattended with the energy supply to the hob switched on.
- Never place highly flammable objects or materials in the vicinity of the hob and the pressure cooker.
- When cooking has been completed, only place the pressure cooker on surfaces that are heat-resistant.

## 1.4 Hot surfaces

The pressure cooker gets extremely hot during use. There is a high risk of sustaining of burns:

- Never touch the hot metal surfaces of the pressure cooker with bare hands. If necessary, use oven gloves or similar.
- Never check whether the pressure cooker has heated up by touching it.
- Only touch the plastic components of the pressure cooker.

## 1.5 Risk of scalding by the hot steam

Pressure cookers cook under pressure. The improper use of the pressure cooker can cause scalding by the hot steam that escapes.

- Keep your hands, head and body out of the danger zone during fast pressure release. If necessary, use oven gloves or similar.
- Never try to force the pressure cooker open. The lid remains locked until the internal pressure has been completely reduced (when the safety valve is fully lowered).
- When the pressure cooker is under pressure, only move it very carefully using the handle and the shaft handle. Avoid carrying the pressure cooker very far.
- Never submerge the pressure cooker while it is under pressure in a container with water.
- Lightly shake the pressure cooker before opening. This prevents any steam trapped in the food from spraying you.
- Carefully pour out the hot water after cooking. Keep your hands, head and body out of the danger zone when pouring.
- Never puncture food that can that swell during cooking such as meat with skin (e.g. tongue). Wait until it is ready to serve, when the skin is no longer swollen, before cutting.

## 1.6 If you find a fault

A faulty device can cause damage and injuries:

- Check the pressure cooker for damage before each use. If you notice any damage, contact Zwilling customer service immediately.
- Never use a faulty pressure cooker or faulty accessories. Check the safety functions of the pressure cooker before each use (see section 4.1).

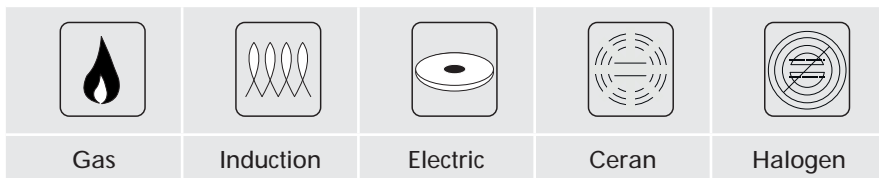
# 1 For your safety

## 1.7 The safe use the pressure cooker

The pressure cooker may only be used at home for cooking suitable meals. It is not suitable for commercial use.

The incorrect use of the pressure cooker can be dangerous:

- Only use the pressure cooker on the following hobs:



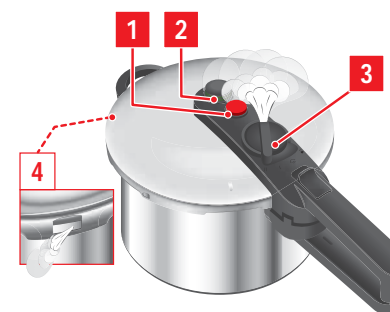
- Make sure that the diameter of the hob coincides with the diameter of the bottom of the pot. In the case of gas hobs, make sure that the flames do not surge up along the sides of the pot.
- When using induction hobs, a humming noise or buzz may be heard at high cooking levels. This is due to technical reasons and does not indicate that the stove or pressure cooker is defective. If the diameter of the cooking area does not correspond to that of the bottom of the pot, the cooking area may not react.
- You can perform all types of cooking with the pressure cooker:
  - Boiling
  - Stewing
  - Steaming
  - Searing
  - Deep-frying

Always ensure that food is only fried by the addition of fat when the lid is open.

- Never use the pressure cooker to deep-fry foods under pressure.
- Do not use the pressure cooker in the medical field, as a steriliser for example (Caution: only with a pot volume of 6 litres or more).
- Only use the pressure cooker with the accessories included in the scope of delivery or subsequently purchased from us (see section 8).
- Do not use the pressure cooker in locations at which it will be exposed to the elements, such as when camping outdoors.
- Regularly replace the wear parts (see section 6.3 Warranty). Parts that are clearly discoloured, cracked or show other signs of damage, or do not fit correctly must be replaced with ZWILLING original parts.

# 1 For your safety

## 1.8 The safety functions at a glance



Item	Part name
1	Safety valve
2	Pressure indicator
3	Pressure regulator
4	Safety window

Abb. 1: Safety functions

### Safety valve

- When closing:  
Until the pot has been properly closed, the safety valve cannot rise and the pressure in the pressure cooker will not increase.
- When opening:  
When the pressure in the pressure cooker increases, the safety valve automatically blocks the opening slide and thereby prevents opening the pressure cooker while it is under pressure. The opening slide can only be released when the internal pressure has been completely reduced (when the safety valve is fully lowered).

### Pressure indicator

When the pressure in the pressure cooker increases, the pressure indicator rises. The pressure indicator has 2 green, circular markings which assist in maintaining the optimal cooking temperature during cooking:

- 1st ring: Gentle level I approx. 60 kPa (0.6 bar) at 110 °C
- 2nd ring: Fast level II approx. 100 kPa (1.0 bar) at 120 °C

### Pressure regulator with steam outlet

The pressure regulator is used to set the desired cooking level. In the event that the pressure in the pot rises above the above-mentioned values, a valve automatically opens in the pressure regulator and steam escapes via the steam outlet.

### Safety window

A further safety element is a safety window that is incorporated in the lid. If there is too much pressure inside the pressure cooker, the sealing ring is pushed out through this window and the steam can escape.

2.1 Pressure cooker in detail

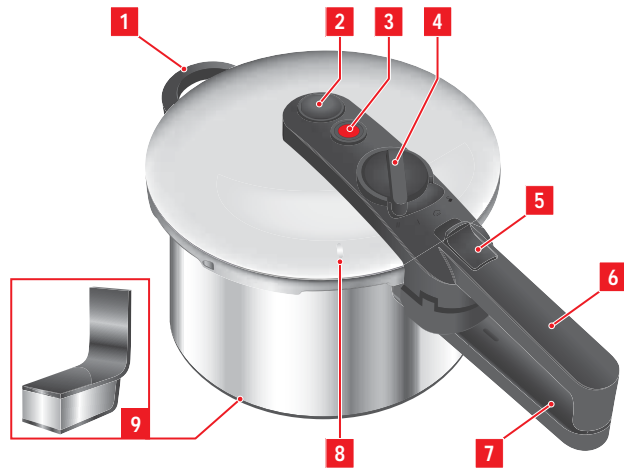


Abb. 2: Top of the lid in detail

Item	Part name	Function
1	Side handle	For safely carrying and pouring from the pressure cooker
2	Pressure indicator	Rises as the pressure increases and is used to monitor the cooking level while cooking
3	Safety valve	Rises as the pressure increases and locks the lid
4	Pressure regulator with steam outlet	For adjusting the cooking level and relieving the pressure of the pressure cooker
5	Opening slide	For unlocking the lid
6	Lid shaft handle	For opening and closing the lid as well as for safely carrying the pressure cooker
7	Shaft handle	
8	Marking line	For correctly placing the lid on the pot
9	SIGMA classic bottom	The SIGMA classic sandwich bottom has an aluminium core and provides optimum heat distribution and heat storage. Enabling an early, energy-saving reduction of the temperature of the stove.

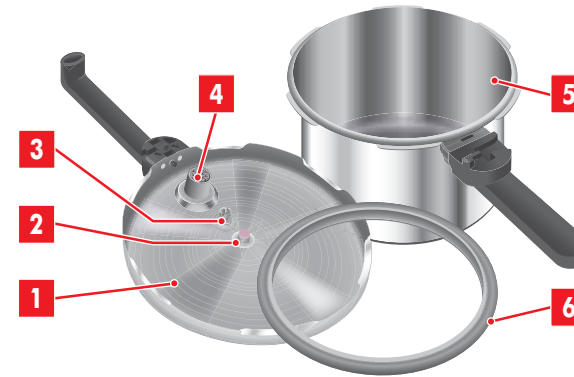


Abb. 3: Bottom of the lid in detail

Item	Part name	Function
1	Lid	For pressure-resistant sealing of the pressure cooker
2	Pressure indicator (bottom)	-
3	Safety valve (bottom)	-
4	Pressure regulator (bottom) + Siliconfilter	-
5	Pot	For the cooking liquid and food
6	Sealing ring	For sealing the pressure cooker

2.2 Operation of pressure cookers



A pressure cooker allows you to cook food at higher temperatures than the normal boiling temperature of 100 °C. The increased cooking temperature reduces the cooking time by about one third. This results in significant energy saving. In addition, aromas, flavours and vitamins are largely retained by the short cooking time.

The boiling point is increased as follows:

In addition to the food, liquid is added to the pot and the lid is sealed so that it is pressure-resistant. While heating up, part of the water evaporates and excess pressure is generated inside the pot which increases the boiling temperature up to 120 °C.



Abb. 4: Pressure regulator

The desired pressure is set on the pressure regulator:  
**Position I, gentle level approx. 60 kPa (0.6 bar) at 110 °C**  
**Position II, fast level approx. 100 kPa (1.0 bar) at 120 °C**  
**Position  for fast pressure release**  
**Position  for removing and cleaning the pressure regulator**

Pressure cookers are particularly suitable for the gentle cooking of foods that normally require a long cooking time.

These include:

- Soups
- Stews
- Meat dishes (goulash, joints of meat)
- Vegetable dishes (potatoes, legumes)

### 2.3 Technical data

Model	ZWILLING EcoQuick II			
Capacity	3 l	4 l	6 l	7 l
Ø pot	22 cm	22 cm	22 cm	22 cm

#### Labelling packaging



GS marking

www.tuv.com  
ID 1419052595

#### Markings on the rating plate

- CERAN
  - HALOGEN
  - ELECTRIC
  - INDUCTION
  - GAS
- The pressure cooker is suitable for all types of stoves.

CE marking

- P1: approx. 60 kPa (0.6 bar)
  - P2: approx. 100 kPa (1 bar)
  - PS: approx. 300 kPa (3 bar)
- Pressure levels of the pressure cooker

1. Remove all packaging material and stickers.
2. Dispose of the packaging material in an environmentally friendly manner or keep it for storing the pressure cooker later.
3. Check that the delivery is complete (cf. packaging) and intact.

**NOTE:**

Do not operate the pressure cooker if there are missing or damaged parts. Contact the vendor at which you bought the device immediately or Zwilling customer service.

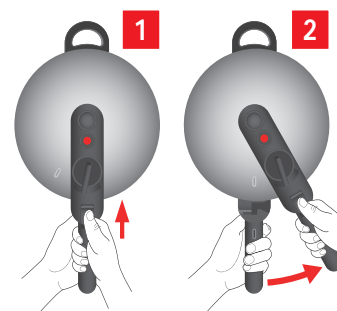


Abb. 5: Removing the lid

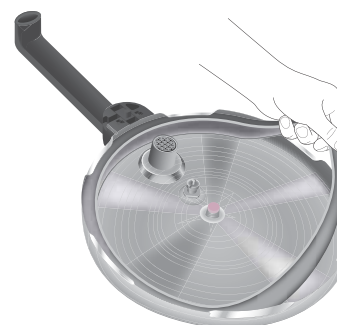


Abb. 6: Detaching the sealing ring

4. Push the opening slide into the forward position and turn the lid anticlockwise up to the limit stop (see fig. 5).
5. Lift and remove the lid.

6. Detach the sealing ring from the edge of the lid (see fig. 6).
7. Clean the components of the pressure cooker before the first use as follows:

**! CAUTION!**

Damage caused by incorrect cleaning:

- Do not use abrasive cleaning utensils, such as wire wool, and do not use strong cleaning agents, such as thinners or alcohol.
- The pressure cooker is not suitable for cleaning in the dishwasher.



Abb. 7: Cleaning the pressure cooker

- Wash the pot, lid and sealing ring by hand with a mild detergent (see fig. 7).
8. Dry the cleaned components.
  9. Reinsert the sealing ring into the lid. Press the sealing ring under the indentation of the lid edge.

#### 4.1 Preparing the pressure cooker

Before each use, the safety functions of the pressure cooker must be checked.

**WARNING!**

Danger due to the uncontrolled escape of steam if there is a failure of the safety functions!

- Never use the pressure cooker when there is a failure of the safety functions.
- Do not make any changes to the safety functions.
- If there is any damage to the pressure indicator, safety valve or the sealing ring, they must be replaced. In this regard, contact your leading retailer specialising in Zwilling products or Zwilling customer service directly.

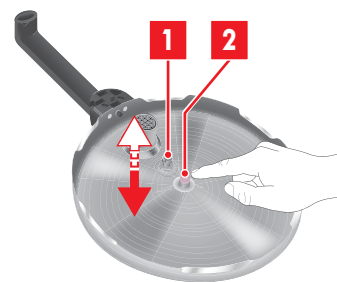


Abb. 8: Safety testing

1. Check that the safety valve (fig. 8/1) and pressure indicator (fig. 8/2) function properly.
2. Check that the sealing ring is firmly seated in the edge of the lid.

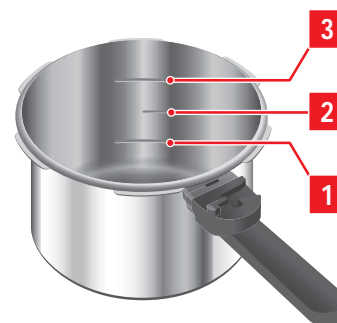


Abb. 9: Observing the filling level

3. Fill at least 1/3 of the pot with water (see fig. 9/1). Depending on the recipe, stock can also be used as the cooking liquid.

**WARNING!**

Risk of fire!

- Never use the pressure cooker without enough liquid.

4. Place the pot on an appropriate hob (see section 1.7).
5. Add the food to the pot. Make sure that the pot is no more than 2/3 full (see fig. 9/3).

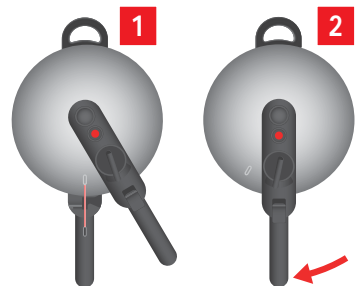


Abb. 10: Closing the lid

## 4.2 Cooking food

### ! WARNING!

Risk of boiling over!

- When cooking foods that generate a lot of foam or expand such as rice, dehydrated vegetables or legumes, the pot may only be filled up to the halfway mark (see fig. 9/2).

6. Put the lid on the pot (see fig. 10/1).

7. Turn the lid clockwise up to the limit stop (see fig. 10/2).

☞ *When the opening slide audibly clicks into place, the lid is firmly sealed shut.*

### ! WARNING!

Risk of burns!

- Do not touch the metal surfaces of the pressure cooker with your bare hands after switching on the energy supply.
- Only touch the plastic components of the pressure cooker. If necessary, use oven gloves.

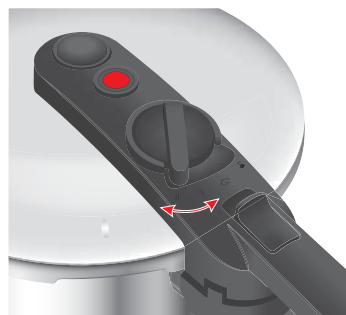


Abb. 11: Setting the cooking level

1. Set the pressure regulator to the desired cooking level (see fig. 11).

- Gentle level I approx. 60 kPa (0.6 bar) at 110 °C
- Fast level II approx. 100 kPa (1.0 bar) at 120 °C

### i NOTE:

The choice of the appropriate cooking level depends mainly on the food to be cooked. The recommended cooking level for various types of food is set out in section 7. In recipes specifically for pressure cookers, the appropriate cooking level is frequently provided.



Abb. 12: Steamer insert

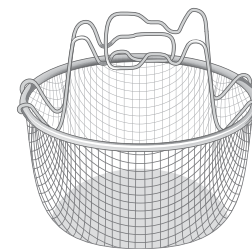


Abb. 13: Frying basket

## Cooking with inserts

(A) Steamer insert (fig. 12)

2. Place the tripod on the bottom of the pot and place the filled steamer insert on the tripod.

3. Fill the pot with 1 litre of water. The food is now cooked very gently by the steam.

(B) Frying basket (fig. 13)

### ! WARNING!

Hot fat!

- The frying basket may not, under any circumstances, be used in a closed pressure cooker under pressure.
- Deep-fry only with a 6-litre pot volume.
- Only use the frying basket with the pressure cooker open or with a glass lid (see the accessories in section 8).

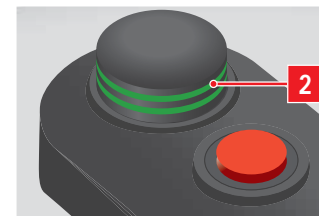
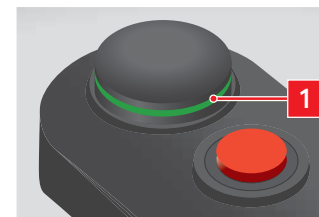


Abb. 14: Checking the cooking level

4. Turn on the energy supply to the hob.

### i NOTE:

We recommend setting the hob to the highest energy level. The desired pressure is thereby reached as fast as possible.

☞ *When the water begins to boil and the pressure in the pot increases, the pressure indicator and safety valve rise. The cooking time only starts when steam is released via the pressure regulator.*

5. Depending on the selected cooking level, reduce the energy supply to the hob to keep the pressure constant:

- Gentle level I: When the first ring on the pressure indicator becomes visible (see fig. 14/1) This applies to delicate food, such as fish or fruit
- Fast level II: When the second ring on the pressure indicator becomes visible (see fig. 14/2)



The respective ring must remain visible during the entire cooking process.

**⚠ WARNING!**

Risk of scalding!

If the pressure continues rising, excess steam is released through the opening on the pressure regulator.

- Reduce the energy supply to the hob in time to prevent steam escaping.

6. When the cooking time has expired, turn off the energy supply to the hob.
7. Carefully remove the pressure cooker from the hob and set it down on a heat-resistant surface.

### 4.3 Reducing the pressure

Before opening the pressure cooker, the excess pressure must first be reduced. Three options are available to reduce the pressure:

#### 1. Cooling down at room temperature

In this option, the pressure cooker is left to cool down on a heat-resistant surface until the excess pressure is completely reduced (see fig. 15).

- ➔ *When the safety valve is completely lowered, the pressure cooker is depressurised.*

**i NOTE:**

The temperature in the pressure cooker only decreases very slowly. You should accordingly **not** use this option of pressure reduction for foods that need to be cooked to perfection, such as meat or vegetables.

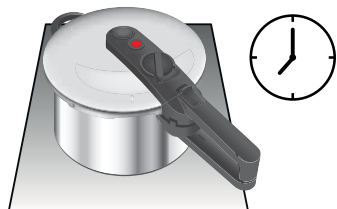


Abb. 15: Cooling down



Abb. 16: Cooling with water



Abb. 17: Fast pressure release

### 2. Cooling down under running water

**i NOTE:**

We recommend using oven gloves or similar.

1. Hold the pressure cooker under running cold water. Ensure that the stream of water only flows over on the external metal surfaces of the lid (see fig. 16).

- ➔ *When the safety valve is completely lowered, the pressure cooker is depressurised.*


### 3. Fast pressure release

**⚠ WARNING!**

Risk of scalding by the hot steam!

In respect of fast pressure release, hot steam is released through the opening on the pressure regulator.

- Keep your hands, head and body out of the danger zone.
- Only touch the pressure regulator in the area at the rear that points towards the lid shaft handle to prevent contact of your skin with the escaping steam.
- Do not use the fast pressure release for food that easily generates foam, such as soups, stews or legumes.

1. Turn the pressure regulator to position  (see fig. 17).

- ➔ *The excess steam escapes through the opening on the pressure regulator.*

- ➔ *When the safety valve is completely lowered, the pressure cooker is depressurised.*

## 4.4 Serving the food

**⚠ WARNING!**

Risk of burns!

- Only touch the plastic components of the pressure cooker. If necessary, use oven gloves or similar.
- Keep your hands, head and body out of the danger zone when pouring off the cooking liquid.

1. Make sure that the safety valve is completely lowered.
2. Always shake the pressure cooker before opening it so that bubbles of steam do not spray and scald you. This is very important in respect of fast pressure release or cooling under running water.
3. Push the opening slide into the forward position and turn the lid anticlockwise up to the limit stop (see fig. 18).
4. Lift and remove the lid.
5. If necessary, pour the cooking liquid into the sink and place the pressure cooker on a heat-resistant surface.
6. Remove the food. Refine the meal in accordance with the recipe before serving.

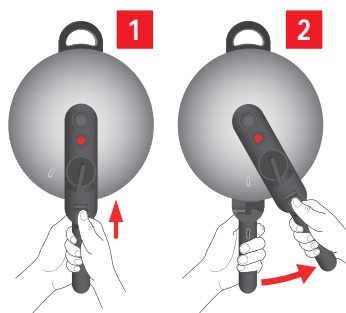


Abb. 18: Opening the lid

## 5.1 Allowing the pressure cooker to cool down

**⚠ WARNING!**

Risk of burns!

- Do not touch the metal surfaces of the pressure cooker with your bare hands after completing cooking. These can still be very hot notwithstanding the pressure reduction that has already been carried out.
- If necessary, use oven gloves or similar.

For reasons of safety, take the following steps after you have finished cooking:

1. Make sure that the energy supply to the hob is turned off.
2. Let the pressure cooker cool down completely.

**i NOTE:**

You can fill the pot with some water to prevent it from being encrusted with leftover food.

## 5.2 Cleaning the pressure cooker

**⚠ WARNING!**

Danger due the failure of the safety functions! If proper care is not taken of the pressure cooker, there is a risk of the safety functions failing due to these becoming clogged with leftover food.

- Clean the pressure cooker thoroughly after every use.

1. Detach the sealing ring from the edge of the lid.
2. Clean the pot and sealing ring with a mild detergent under running water (see fig. 19).

**! CAUTION!**

The pressure cooker lid and the sealing ring must not be put into the dishwasher!



Abb. 19: Cleaning the pot and the sealing ring



Abb. 20: Cleaning the lid

- Rinse the lid under running water. Take particular care to clean the bottom of the lid thoroughly and to remove any residue of food in the area of the valves (see fig. 20).



Abb. 21: Detaching the pressure regulator

- Push the pressure regulator down and turn it to position **1**. Lift and remove the pressure regulator (see fig. 21). Rinse the pressure regulator under running water. Also remove the silicone spring and clean separately.
- Dry the cleaned components.
- Reinsert the pressure regulator into the lid. Turn the pressure regulator clockwise beyond the point at which there is a noticeable resistance.



Abb. 22: Storage

- Place the lid together with the sealing ring upside down on the pot. This reduces the wear on the sealing ring (see fig. 22).
- Once the pressure cooker has cooled down, been cleaned and dried, store it:
  - In a cool, dry storage space
  - So that it is inaccessible to children
  - Away from sharp or pointed objects
  - Do not stack any objects on the device.

## 6.1 Resolving faults yourself

**⚠ WARNING!**

Faults may result in unsafe operation.

- If the pressure cooker is damaged, do not use it all. If the pressure cooker shows obvious signs of malfunction during operation, immediately turn off the energy supply to the hob. Allow the pressure cooker to cool down and then remove it from the hob.
- Do not try to repair the pressure cooker yourself.

Fault	Possible cause(s)	Possible solution(s)
Lid can only be closed with difficulty.	Friction between sealing ring and pot is too great.	Moisten the edge of the pot with a small amount of cooking oil.
	Pot is deformed.	Contact Zwilling customer service.
Opening slide can only be operated with difficulty.	Locking mechanism on the lid shaft handle is dirty.	Clean the lid shaft handle thoroughly under running water.
	Locking mechanism is damaged.	Replace the lid shaft handle.
Despite a long heating phase, pressure does not build-up in the pot.	Minimum filling quantity was not observed.	Fill at least 1/3 of the pot with water.
	Energy supply is too low.	Set the energy level of the hob higher. Make sure that the diameter of the hob is large enough.
	Sealing ring is incorrectly inserted.	Insert the sealing ring firmly into the edge of the lid.
	Sealing ring is damaged.	Replace the sealing ring.
Steam escapes at the edge of the lid.	Sealing ring does not seal properly.	Insert the sealing ring firmly into the edge of the lid. Replace the sealing ring if it is damaged.

Fault	Possible cause(s)	Possible solution(s)
Steam escapes at the pressure indicator.	Pressure indicator seal is incorrectly inserted.	Insert the seal firmly into the opening at the bottom of the lid.
	Pressure indicator seal is damaged.	Replace the seal.
The pot is under pressure but the safety valve does not rise.	Safety valve is blocked.	Clean the safety valve at the bottom of the lid under running water. In the event of any damage to the safety valve, contact Zwilling customer service.
Pressure regulator can only be moved with difficulty.	Pressure regulator is dirty.	Detach the pressure regulator and clean it under running water.
	Pressure regulator is damaged.	Replace the pressure regulator.

## 6.2 Customer service

If you require replacement parts or you are unable to resolve a fault using the above table yourself, please contact our customer service.

(See the cover "Country-specific customer service list")



### NOTE:

A list of the replacement parts is contained in section 8.

## 6.3 Warranty

A legally required warranty of 2 years applies. Damage due to non-observance of the operating instructions, improper handling or normal wear is excluded from the warranty.

The professional use and merely optical traces of use are also excluded from the warranty.

In addition, the following are excluded from the warranty:

- Safety valve
- Pressure regulator
- Sealing ring

These parts are subject to normal wear.

## 6.4 Environmentally friendly disposal

Do not dispose of the metal components of the pressure cooker in the household waste.

The pressure cooker should rather be disposed of at your local recycling or waste collection depot.

Correctly dispose of any packaging material that you no longer require.



## NOTE:

The following cooking times are approximate values. The precise cooking times depend, amongst other things, on the size and freshness of the food. By trying different recipes, you will quickly gather your own experience and thereby discover the optimal cooking time for each dish.

### Meat and fish

Food	Cooking level	Cooking time (min.)	Pressure reduction	Note
<b>Pork and veal</b>				
Sliced strips of pork	2	5 – 7	Cooling down Fast pressure release	-
Pork goulash	2	10 – 15	Cooling down Fast pressure release	-
Roast pork	2	20 – 25	Cooling down Fast pressure release	-
Sliced strips of veal	2	5 – 7	Cooling down Fast pressure release	-
Veal goulash	2	10 – 15	Cooling down Fast pressure release	-
Veal shank	2	25 – 30	Cooling down Fast pressure release	-
Veal tongue	2	15 – 20	Cooling down Fast pressure release	-
Roast veal	2	20 – 25	Cooling down Fast pressure release	-
<b>Beef</b>				
Meat loaf	2	10 – 15	Cooling down Fast pressure release	-
Marinated pot roast	2	30 – 35	Cooling down Fast pressure release	-
Beef tongue	2	45 – 60	Cooling down Fast pressure release	-
Sliced strips of beef	2	6 – 8	Cooling down Fast pressure release	-

Food	Cooking level	Cooking time (min.)	Pressure reduction	Note
Beef goulash	2	15 – 20	Cooling down Fast pressure release	-
Beef olives	2	15 – 20	Cooling down Fast pressure release	-
Roast beef	2	35 – 45	Cooling down Fast pressure release	-
<b>Poultry</b>				
Boiling fowl	2	20 – 25	Cooling down Fast pressure release	Max. 1/2 of filling quantity
Pieces of chicken	2	6 – 8	Cooling down Fast pressure release	-
Turkey leg	2	25 – 30	Cooling down Fast pressure release	-
Turkey stew	2	6 – 10	Cooling down Fast pressure release	-
Turkey steak	2	2 – 3	Cooling down Fast pressure release	-
<b>Game</b>				
Roast hare	2	15 – 20	Cooling down Fast pressure release	-
Saddle of hare	2	10 – 15	Cooling down Fast pressure release	-
Roast venison	2	25 – 30	Cooling down Fast pressure release	-
Venison goulash	2	15 – 20	Cooling down Fast pressure release	-
<b>Lamb</b>				
Lamb stew	2	20 – 25	Cooling down Fast pressure release	-
Roast lamb	2	25 – 30	Cooling down Fast pressure release	-

Food	Cooking level	Cooking time (min.)	Pressure reduction	Note
<b>Fish</b>				
Fish fillets	1	2 – 3	Cooling down Fast pressure release	–
Whole fish	1	3 – 4	Cooling down Fast pressure release	–
Fish stew or gou-lash	1	3 – 4	Cooling down Fast pressure release	–

**Vegetables**

Food	Cooking level	Cooking time (min.)	Pressure reduction	Note
<b>Vegetables</b>				
Eggplants Cucumbers Tomatoes	1	2 – 3	Cooling down	Do not use fast pressure release!
Cauliflower Paprika Leeks	1	3 – 5	Cooling down	Do not use fast pressure release!
Peas Celery Kohlrabi	1	4 – 6	Cooling down	Do not use fast pressure release!
Fennel Carrots Savoy cabbage	1	5 – 8	Cooling down	Do not use fast pressure release!
Beans Kale Red cabbage	2	7 – 10	Cooling down	Do not use fast pressure release!
Sauerkraut	2	10 – 15	Cooling down	Do not use fast pressure release!
Beetroot	2	15 – 25	Cooling down	Do not use fast pressure release!
Boiled potatoes	2	6 – 8	Cooling down	Do not use fast pressure release!
Jacket potatoes	2	6 – 10	Cooling down	Do not use fast pressure release!

**Legumes and cereals**

Food	Cooking level	Cooking time (min.)	Pressure reduction	Note
Peas Beans Lentils	2	10 – 15	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!
Buckwheat Millet	2	7 – 10	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!
Maize Rice Green spelt	2	6 – 15	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!
Rice pudding	2	20 – 25	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!
Long grain rice	2	6 – 8	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!
Wholemeal rice	2	12 – 15	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!
Wheat Rye	2	10 – 15	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!

**Fruit**

Food	Cooking level	Cooking time (min.)	Pressure reduction	Note
Cherries Plums	1	2 – 5	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!
Apples Pears	1	2 – 5	Cooling down	Max. 1/2 of filling quantity Do not use fast pressure release!

## 8 Accessories and spare parts

Replacement part	Part number	EAN code
Lid 	64240-922	4009839406041
Silicone filter 	99970-405	4009839406058
Silicone spring 	99970-407	4009839406072
Pressure regulator 	99970-406	4009839406065
Seal on the pressure indicator 	99970-382	4009839370649
Sealing ring 	64201-122	4009839390395
Shaft handle with flame retardant 	99970-385	4009839370670
Side handle with flame retardant 	99970-386	4009839370687
Perforated steamer insert with tripod 	64202-822	4009839370601
Unperforated steamer insert with tripod 	64202-922	4009839370595

Replacement part	Part number	EAN code
Frying basket 	64204-022	4009839370618
Glass lid 	64209-922	4009839370588

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